


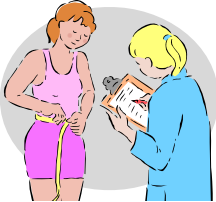

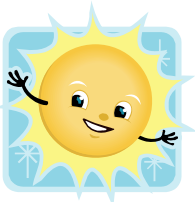









June 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Try a new type of exercise, like yoga	2
3	4 Sign up for a 5K event and start training	5	6	7 Get your blood pressure checked	8 	9
10	11	12 Turn on your favorite music and dance	13	14	15	16
17 Go for a walk with your dad for Fathers Day	18	19	20 	21 First Day of Summer	22	23 Remember to always protect yourself from the sun
24 Prepare and freeze several healthy meals	25	26 	27	28	29	30 Be a dog walker for the day

July 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Bring a healthy dish to your holiday get together		5	6	7 Make sure your family washes their hands before meals
8 	9	10	11 Clean out the garage as a family	12	13 Make sure your children's immunizations are up to date	14
15 Get rid of the clutter and plan a garage sale	16	17 Drink plenty of water	18 	19 Go bike riding	20	21 Eat 3 servings of dairy, have some fun and photograph your milk mustaches
22	23 Pick up trash in the neighborhood	24	25	26 Pump some iron, use things around the house for weights such as jugs of water	27	28 
29	30 Take the stairs today	31 				

August 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Tune up your bicycles and go for a family bike ride	3	4 Learn about sports in different countries
5	6	7 Praise your children for their healthy habits	8	9 Make some fresh salsa, serve with baked tortilla chips	10 	11
12	13	14 Help mom all week...do extra chores around the house	15	16	17 Wash and peel your vegetables before consumption	18 
19	20	21	22 Check out the fresh produce at the grocery store	23 	24 Talk to your children about not smoking	25
26 	27	28	29	30	31 Organize a walk at work or school	